

neck pain signs & symptoms

- *headaches*
- *dizziness, nausea, visual disturbances*
- *arm pain with numbness, tingling or weakness*
- *unbalanced posture*

special offer for february

Dr Koe Davidson and Dr Helen Alevaki are offering 50% off the first 2 visits for chiropractic.

above - down - inside - out

above

Above is about life force. The power that made the body heals and coordinates function and life potential.

down

Down is about bringing life force or energy into the body and helping the master control system, 'the brain' communicate the wellness message throughout the body, via the nerve system.

inside

Inside is the generator. Without your control system working properly, we can hardly expect optimal life expression.

out

Out is about doing it! Allowing the pure expression of growth, health, energy and enthusiasm for life that is expressed when our body is free to do so!

clients of the month...

Chiropractic research enables us to provide you with the most revolutionary care. The following clients will have their fees donated to the Australian Spinal Research Foundation this month.

Thank you to:

**Rocco Chirico
Jenny Pelle
Jan Sebastian**



events...

Creating Wellness Lectures

Have you attended?

Do you understand Chiropractic?

What else could you be doing to support your care?

Book Now

Tuesday 17th February, 7.45pm - 8.30pm

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neck pain
c4w newsletter
february 2009



February already...

Now that 2009 is well and truly upon us your probably back at work, the kids are about to start back at school and it seems that Christmas was months ago. It's time to get back into the swing of things and get your chiropractic care back on track.

During your holidays you may have noticed that your "normal" aches and pains had gone away while you were resting and relaxing. Of course, now that you're back at work you may have noticed that these pains are starting to return. As your level of stress builds, you sit for too long periods of time and possibly not eating right foods, your body begins to give you signals that all is not so well!

This month we take a look at neck pain, some of the causes and how chiropractic care can assist with getting things back on track.

If you know someone with neck pain, please pass on this newsletter.

Have a great month!

the team at [chiropractic4wellness](http://chiropractic4wellness.com)

thought for february

Health is a state of complete physical, mental and social well-being, and not merely the absence of disease or infirmity.

- World Health Organisation

neck pain...

The neck is made up of seven vertebra, stacked on top of each other, to form a narrow base of support for the head. The vertebrae are cushioned by discs of cartilage, and are held together by ligament. Nerves exit the spine at each level, to supply the head, shoulders and arms. Numerous muscles provide movement, and additional support for the head.

The head on average weighs around 4.5kg! Imagine the pressure you put on your neck under on a daily basis. Its no wonder so many of us suffer from neck pain.

In fact, it has been estimated that at any one time 10-15% of people are suffering from neck pain, and 40% of us will suffer from neck pain during the next 12 months. Furthermore, it has been estimated that 80% of headaches stem from the neck.

According to a report issued by the National Board of Chiropractic Examiners, 18 percent of chiropractic patients list neck pain as their chief complaint!

Spinal adjustments are the main therapeutic procedure performed by doctors of chiropractic. One purpose of chiropractic care is to restore joint mobility.

This hands-on, drug-free approach to health care is widely recognized as one of the safest non-invasive therapies available for the treatment of back pain, neck pain, headaches and other neuro musculoskeletal complaints. Evidence shows that the use of chiropractic care for certain neck conditions can be more effective and less costly than traditional medical care. Surely, it's better to be pro-active and preventative with your healthcare rather than rely on drugs and surgery.

subluxation...

There are many causes of neck pain including injury, poor posture, stress and in some instances disc problems. All of these cause the nervous system and spine to try to adapt, resulting in a **SUBLUXATION!**

A subluxation is a little "blockage" in the communication between the nerves of the body and the spinal chord. When this interference occurs the brain no longer receives accurate information about what is happening in the body. Muscles that should relax stay contracted and your body compensates by contracting other muscles to try to straighten the spine. You finally start to feel pain when your body can no longer adapt to the stress.

Chiropractors are trained to detect and correct subluxations of the spine. When you have an adjustment, the interference is removed from the nerves and spinal chord. The brain then starts to receive accurate information about the body and the muscles relax and return to normal, and pain subsides. It is important to remember that these compensatory mechanisms will be occurring before you feel the pain, so it is important to continue being checked even if you don't have any obvious symptoms.

Subluxations also occur when your body adapts to other stressors (e.g. chemical or emotional stress). That's why chiropractors will often recommend a course of care as the body takes time to remove these stressors and heal itself. Even if you have regular care, subluxations can still occur, as your body adapts to it's environment.

With chiropractic care as a foundation to getting your spine and nervous system functioning properly, you can also help yourself by doing gentle stretches, some core strength exercise, and making sure you have good nutrition. If you're not sure what stretches are appropriate for yourself, ask one of the chiropractors to go through some with you!